



More than 100,000 long-term care and retirement residents currently benefit from PT Health's rehabilitation programs.

Standardized Rehabilitation Protocols we offer:

- ◆ Fall Prevention Programs
- ◆ Strength Training
- ◆ Balance Training
- ◆ Parkinson's Program
- ◆ Stroke & Neuro Rehabilitation Program (MCTM)
- ◆ Gait Assessment and Mobility Training
- ◆ Arthritis Program
- ◆ Osteoporosis Program
- ◆ Post Hip Fracture Protocol
- ◆ Assistive Devices Program (ADP) Prescriptions

PT Health Services:

- ◆ Registered Physiotherapy
- ◆ Massage Therapy
- ◆ Kinesiology
- ◆ Occupational Therapy
- ◆ Chiropody
- ◆ Naturpathy
- ◆ Fall Prevention Programming
- ◆ Assistive Device Prescription (ADP)
- ◆ Custom Foot Orthotics
- ◆ Bracing

and more!

For more information on PT Health services: visit www.pthealth.ca or call

1-866-PHYSIO1



SERVICES ARE COVERED BY OHIP



Achieving Independence... Together





Physiotherapists are university educated healthcare professionals who help people of all ages gain and maintain their desired level of activity and physical function. With their applied knowledge and understanding of the human body, physiotherapists are able to help you increase your mobility, relieve pain, build strength, and improve balance. Physiotherapists treat injuries and provide education on how to prevent an injury from recurring.

PT Health's registered physiotherapy services are available to all Ontario residents and are covered by the Ontario Health Insurance Plan (OHIP), with a physician's referral.

PT Health's rehabilitation programs focus on:

- ◆ Improving independence and physical performance
- ◆ Increasing mobility, strength and flexibility
- ◆ Promoting health, fitness, education and wellness
- ◆ Effectively recovering from a fracture or surgery
- ◆ Managing pain
- ◆ Recovery from strokes / cardiac disease
- ◆ Preventing falls

And much, much more!

Who We Are

PT Health is a physiotherapist owned group of professionals dedicated to making a difference in the lives of the clients they serve. They have provided long-term care and retirement physiotherapy to more than 100 facilities for over 20 years. PT Health's goal is to provide quality care by fulfilling the rehabilitation needs of each of their unique clients!

The Benefits of PT Health Services

- ◆ Improved overall health
- ◆ Increased endurance, strength & flexibility
- ◆ Enhanced appetite, energy and sleep patterns
- ◆ Reduced risk for hip fractures and falls
- ◆ Improved balance and ambulation

To name just a few!